

Home Made Chest Rub

BASIC:-

1/4 cup Organic Coconut Oil.
8 gms 100% pure Beeswax..
10 drops doterra Eucalyptus oil
10 drops doterra Peppermint oil
10 drops doterra Wintergreen oil

Melt Coconut Oil & Beeswax gently over a double saucepan.

Allow to cool slightly, then add your doterra oils.

Mix well and pour into small glass jar.

Other Suggested Oil are:-

Breathe, Ongaard, Frankincense, Cedarwood and Lavender.

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